



In the running
Cross-country team does well at provincials.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Down in the mouth
Regurgitator's act leaves students in shock.
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MONDAY, NOVEMBER 16, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGA.CA/SPOKE

41ST YEAR — NO. 2

Preventing plagiarism

By JANELLE SCHEIFELE

Submitting a paper through Turnitin can be a scary experience for many students. They panic about being accused of plagiarism or improperly citing sources.

Local universities use this Internet-based program as a way to catch students who plagiarize, which involves passing off someone else's work as their own or improperly citing sources. Most students never find out the results and are only contacted by their teachers if their integrity is in question.

Conestoga College has a different plan for Turnitin.

"We're trying to reverse that," said Bob Carley, executive dean of academic administration. "We're not here to catch people, we're here to teach them."

The difference at Conestoga is that students will be able to run their papers through the program as many times as they want while still in the writing stage. Then they can make proper changes before handing in their work.

Instructors will need to register the class and assignment on the Turnitin website so that students can submit their work. It can also be accessed through Angel, a web-based tool that helps manage and access courses at Conestoga. It will be left up to instructors whether they

want to use Turnitin, but they will have to make it available if a student requests it.

Carley took part in a roundtable discussion with Vaska Tumir, a communications teacher in the liberal studies program, and Gordon Greavette, chair of communications and liberal studies. Greavette is also a member of the Waterloo Region Academic Integrity Council, a group that meets a few times a year to set up policies for issues like plagiarism and cheating on tests. They also let the school boards know the expectations in post-secondary education so they can prepare their students. In addition to Greavette, who represents Conestoga, there are members from the local public and Catholic school boards, Wilfrid Laurier University and University of Waterloo.

Greavette hosted the roundtable discussion and wants students to know what resources are available to them, especially ones that help increase student integrity.

According to its website, Turnitin was developed by a group of teachers, computer scientists, business professionals and graphic designers dedicated to curbing the spread of Internet plagiarism. The program uses an Internet database of books, encyclopedias, newspapers, periodicals

and previously submitted papers. Results are then colour-coded based on the degree of plagiarism or words that appear in identical order as a source. The program is used by more than half-a-million instructors worldwide, is available in 30 languages and searches more than 12-billion pages of web content and over 80,000 subscription-based journals and periodicals.

Tumir began giving presentations about Turnitin to faculty members last year and gives about three per semester.

"I teach our instructors to interpret the results," she said. Tumir explained that instructors cannot just look at the percentage of plagiarism detected, but must really look at the paper. Often technical terms or properly cited quotations are caught, but clearly these aren't intentional plagiarism.

Greavette compared Conestoga's use of Turnitin to Ontario Provincial Police RIDE programs which are used mainly for educational purposes and stop everyone, not just suspected impaired drivers. Like RIDE, all students can run their work through the program as a sort of breathalyzer test to determine if they are giving proper credit to sources. Learning these results ahead of the due date allows them to make any changes.

Carley highlighted that copying may be "inadvertent" because students don't really know how to properly cite sources and maybe haven't yet learned these skills. He also stressed that the program should be considered an "academic resource," just like the Library Resource Centre.

Students can visit the writing service in the Learning Commons for more information about proper citation and strategies for planning and writing papers.

"Maybe they don't realize it needs to be referenced," Carley said. "Why penalize them for things they don't know?"

An amendment is currently being written which will be added to the college's academic handbook highlighting that Turnitin is available to students and instructors as a tool.

RAISING MONEY TO HELP THE UNITED WAY

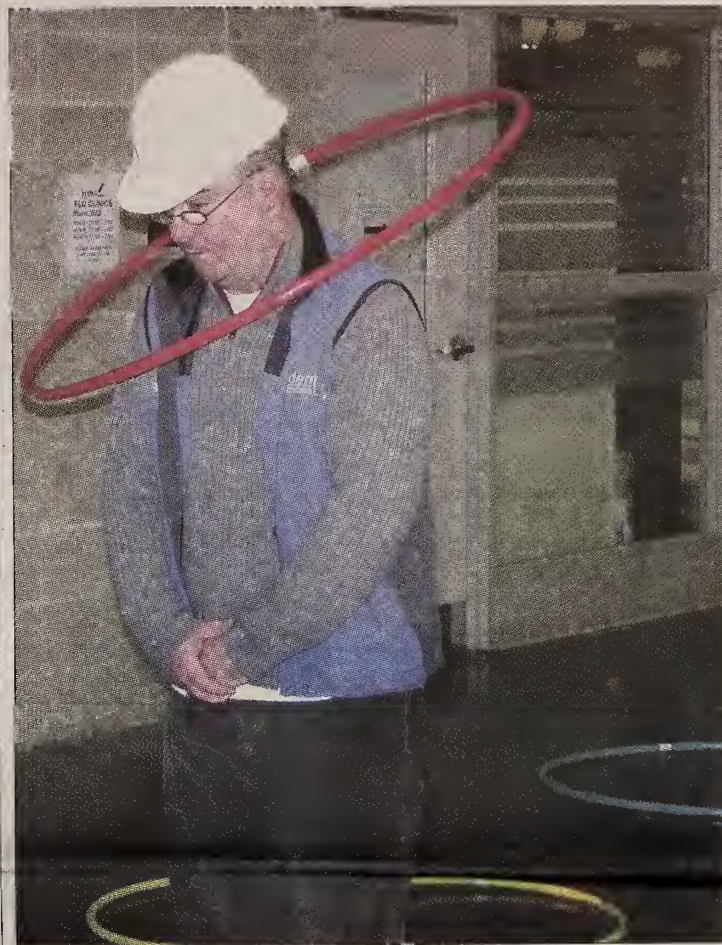


PHOTO BY MITCH MUIR

On Nov. 2, students supported a United Way fundraiser by donating money to participate in a human ring toss in the Student Life Centre. It was the first of four events that week. Above, one lucky student makes a successful throw onto the target, Jeff Schonnop, who wore a hard hat for protection. The college has surpassed its fundraising goal of \$50,000.

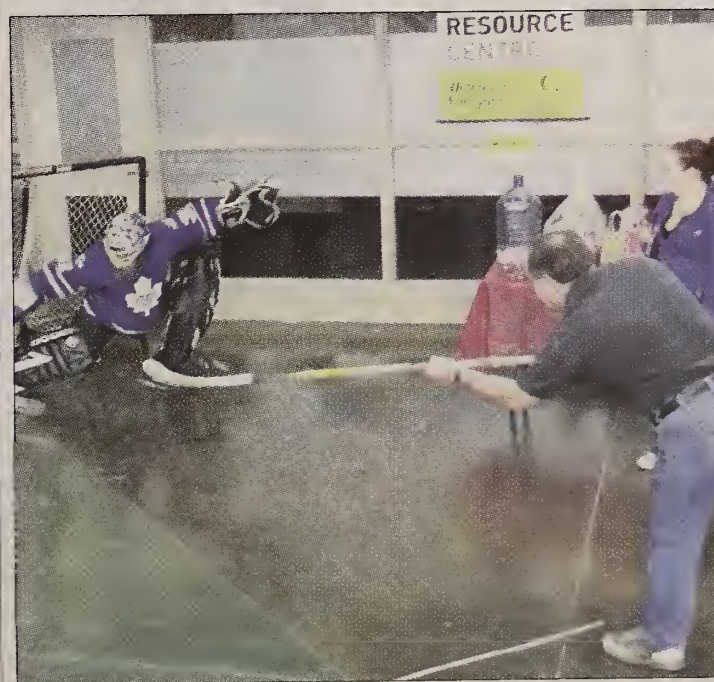


PHOTO BY FREEMAN CARTER

While he may have been wearing a replica Maple Leafs jersey, first-year human services foundation student Joe Stockman was making more saves than a Leafs' goalie. For \$2, people got three shots. With every goal scored contestants received a ticket, which could be used to win prizes. Stockman and his fellow classmates were helping raise money for the United Way.



PHOTO BY JANELLE SCHEIFELE

Bob Carley, left, executive dean of academic administration, and Gordon Greavette, chair of communications and liberal studies, relax after a discussion about Turnitin, an Internet-based computer program used to detect plagiarism. Conestoga offers the program to students as a tool to check that their sources are cited properly before handing in their work and also to teachers to check for plagiarized papers.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could be any vegetable,
which one would you be and why?



"A pickle because they taste really good and it's my favourite vegetable."

Amy Macarthur,
first-year
human services foundation

"A radish because it's already my nickname since I blush easily."

Brandon Sipes,
second-year
marketing



"A pumpkin because I have an orange personality."

Roxanna Reed,
second-year
marketing

"Lettuce because it's the most common, it's in mostly everything."

Amy MacDonald,
second-year
practical nursing



"A potato because you can satisfy people in many different forms. It's flexible since you can make them baked, mashed or scalloped."

Eric Trunk,
first-year
social services

"Asparagus because no one would eat me!"

Tina Toebe,
second-year
accounting



Smile Conestoga, you could be our next respondent!

Triumph for Toronto Pride

By JUSTINE REIST

Toronto Pride just got bigger.

On Oct. 18 it was announced that Toronto will bring World Pride to its streets in 2014. World Pride is a semi-annual event licensed by InterPride, the international association of Pride co-ordinators.

Toronto estimates that this year's pride event was attended by close to 750,000 tourists, brought \$136 million into the city's economy and directly created 762 full-time jobs. So, how much bigger can it get? Early estimates state World Pride could bring \$25 million into the economy with the majority of it being a large boost in tourist dollars.

"This triumph for Pride Toronto will not only be beneficial to the community, but will also have a greatly positive outcome for Toronto, for Ontario and, in some ways,

for all of Canada," said Pride Toronto executive director Tracey Sandilands in a press release following the announcement. "Of course, the most obvious impact this event will have is on the economy."

Not only will more money be spent at the event, but more will be spent to hold World Pride. This year's event cost approximately \$4 million, while the 2014 event budget will sit at \$11 million.

Toronto councillor Kyle Rae proclaimed happily after the World Pride meeting that, "Toronto is a gay city."

Although the event will create jobs in health care, entertainment, security and hospitality to name but a few, not everyone is happy with the decision.

Some may argue that Toronto doesn't need more international queer attention as it is widely known for its acceptance and support of lesbian, gay, bisexual, transsexual,

al, transgendered, intersexual, queer questioning and two-spirited.

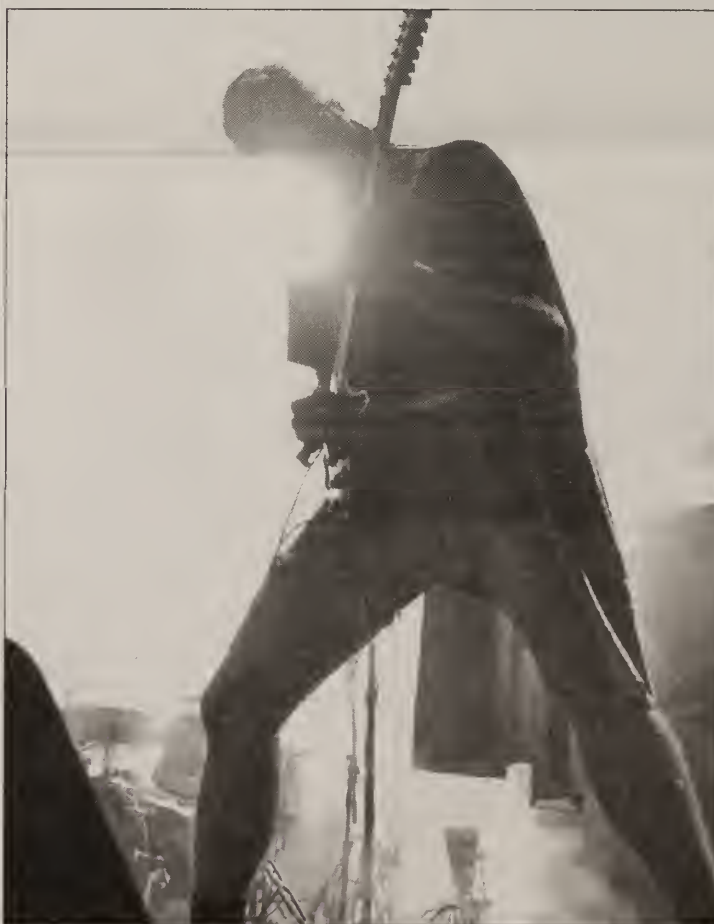
Past World Pride events have had a huge impact because they were held in areas of the world that were, or still are, homophobic. The first year events were held in Rome, Italy bringing what is so unaccepted right to the Vatican doors. The second year was held in Jerusalem during the Lebanon war.

These cities needed the enlightenment that World Pride brought them, as well as support for the participants and world attention to issues facing this community.

So, does holding the event in an already proud city mean the issues will lose their effect?

Is Toronto only holding World Pride to inject some much-needed revenue into the city, or is it telling the world, you, too should be as accepting? Organizers claim it's the latter.

KILLSWITCH ENGAGE ROCKS TORONTO



Adam Dutkiewicz of Killswitch Engage plays a solo during their recent performance at Arrow Hall in Toronto. Upcoming shows include Stone Temple Pilots Nov. 17 at Kool Haus in Toronto, Rob Zombie Nov. 28 at Sound Academy in Toronto and Matt Good at Centre in the Square Nov. 30 in Kitchener and Dec. 18 and 19 at Massey Hall in Toronto.

PHOTO BY JUSTINE REIST

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PHOTO BY GREG COWAN

A Conestoga College student receives one of the 1,000 doses of the H1N1 flu vaccine administered at Conestoga College on Nov. 6. The shot was administered by Flighty Otika, a Conestoga/McMaster BScN student.

Shot shortage

By GREG COWAN

The H1N1 flu shot has become exclusive, and for some, elusive. That was the case at the second H1N1 clinic on Nov. 6 at Conestoga College.

The lineup was long and shot seekers who weren't high priority were turned away.

Registered nurse Chantelle Koeslag said people under the age of 65 who have underlying health issues are a high priority along with health-care professionals, pregnant women and people in contact with children less than six months of age.

Babara Rice, who came to the clinic to get a shot, said, "I have an underlying lung condition, and this flu hits the lungs, so I don't want to mess around with that."

People over the age of 65 are not treated as high priority because this strand of H1N1 influenza A, commonly referred to as swine flu, has not affected that population.

"People over 65 are being affected by another strand of influenza A so that's why they are just getting seasonal flu shots," said Koeslag.

H1N1 clinics have had to restrict their doses to high priority candidates because of the shot shortage.

Conestoga College received

1,000 doses for their clinics. Koeslag said it is up to Public Health to decide if the college will receive another shipment of the highly-sought-after vaccination.

As it stands, the supply is not meeting the demand.

"They ran out of it at 2 p.m. on Wednesday, so I came back today," Rice said.

Clinics at Conestoga College do not have the non-adjuvanted vaccine for pregnant women. National guidelines recommend pregnant women get the non-adjuvanted shot due to the lack of research on the effects of the adjuvanted shot. The non-adjuvanted shot does not contain a chemical immune booster.

The H1N1 clinic at the college was described as "well organized" by Rice who, despite being in the middle of a long line, received her shot quickly. Inside the converted classroom a handful of injection stations were set up along with a post-injection holding station to monitor the well-being of shot recipients.

Waterloo and Guelph campuses held H1N1 clinics on Nov. 11 and Doon had another clinic on Nov. 13.

For additional information on the H1N1 virus, visit the Conestoga College Health Services website, www.conestogac.on.ca/health.

By MITCH MUIR

It wasn't just the smell of bacon, eggs and sausages that brought local business people together for breakfast on Oct. 28.

The thought of creating many job opportunities for Conestoga students, as well as students at other local schools, was enough to salivate over.

The fourth annual Employment Facilitation Network Employer Recognition Breakfast for Cambridge and North Dumfries saw many businesses honoured for "going above and beyond and trying to help individuals who have employment barriers to integrate into the workplace," said Greg Durocher, president and CEO of the Cambridge Chamber of Commerce.

"I think it's critically important that businesses take that opportunity, so this is a wonderful (chance) to recognize those employers who've really gone above and beyond to try and find ways in which employees with either disabilities or some other barriers, or even a bad work history, can integrate back into society and be a contributing member to the prosperity of our community."

The event was a chance for Conestoga College to get exposure for its students and programs.

"We're making sure that the employers know we're around and are available to assist them," said Charlie Matjanec, employment adviser at Conestoga College.

TD Canada Trust was recognized by the Cambridge campus of Conestoga College, as well as the Cambridge Family Early Years Centre and The

Cambridge Chamber of Commerce.

"They have been a wonderful support to the students of Conestoga's ETR Focus programs, and have assisted them with their assigned tasks of researching different fields of business."

The Family Early Years Centre was nominated for providing wonderful programs to young children in the community, as well as information sessions and jobs shadows for Conestoga students.

"The staff have been a tremendous support to the past ETR Focus Conestoga College students as they research the various positions available within Early Childhood Education," said Durocher.

The ETR (Employment Training Readiness) Focus program is now called the Discover Your Future program.

"It operates out of the Cambridge campus along with the academic upgrading program under the leadership of co-ordinator Susan Garlick," said Matjanec via email. The programs are taught at 150 Main St. in Cambridge.

Conestoga has been involved in the awards ceremonies in a big way.

"I'm the co-chair for the awards," said Matjanec. "We have representatives from the Cambridge campus in particular, and (with) TD Canada Trust, we have been interacting with them and our students. They've come on campus to do information fairs, mock interviews for us, as well as recruitment drives."

In the last three years, 25 students have been interviewed by TD Canada Trust. Some of them were hired and

four people are still employed with the company at various locations.

So the breakfast is a giant employment drive, and also provides free advertising for the companies who were honoured.

"They (the companies) receive profile through the Chamber of Commerce," said Matjanec. "They might be able to gain more customers through this experience, and the profit margin for them is immediately impacted because they don't have to spend money on advertising; the advertising is done for them. This is going to be picked up in the local papers, cable news, the Chamber of Commerce and all its publications, and we have this information posted with us (at the college) as well."

"By participating in the program it gives them an opportunity to actually train people," said Ken Seiling, regional chairman of Waterloo. "The potential there is to find good employees themselves, and failing that, they're at least giving a training opportunity for people to at least go out and use their skills and develop them and go to other firms of employment."

Durocher said being nominated goes a long way to creating a better name for a company.

"That's going to attract customers to that business, knowing that they're dealing with a company that really cares about their community. These businesses recognized this morning certainly do care."

The awards breakfast for Cambridge and North Dumfries has been held for four years. One in Guelph-Wellington has been ongoing for 20 years.

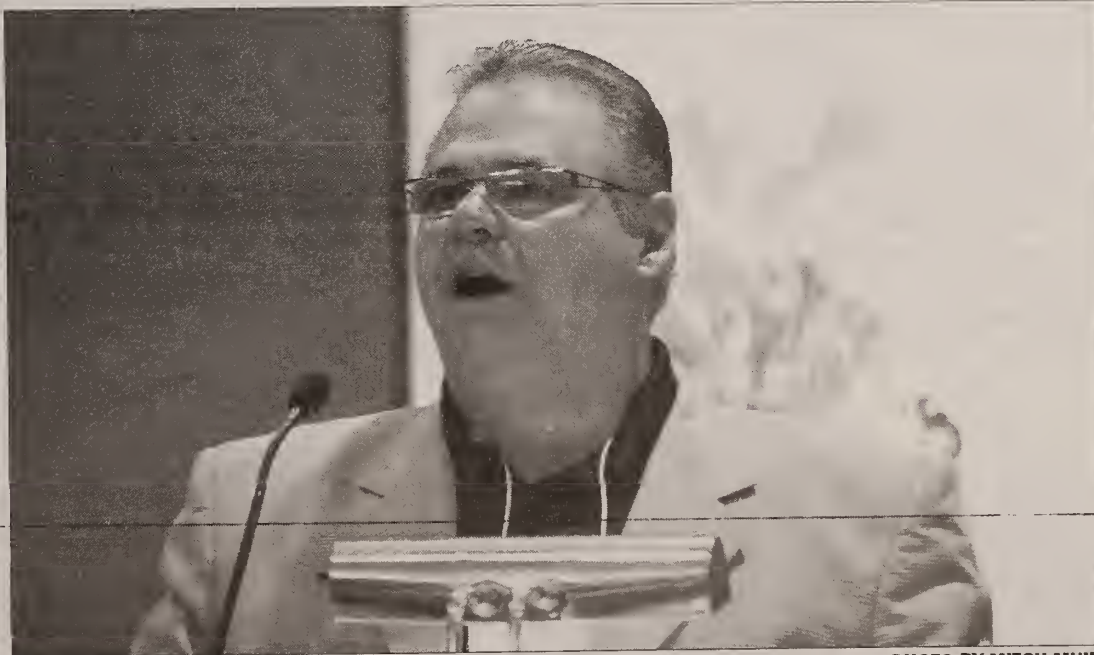


PHOTO BY MITCH MUIR

Greg Durocher, president of the Cambridge Chamber of Commerce, was the master of ceremonies for the fourth annual Employment Facilitation Network Employer Recognition Breakfast for Cambridge and North Dumfries, which took place at the Galt Golf and Country Club, Oct. 28.

**RECOGNIZE THE
SIGNS OF STROKE
WHEN YOU
SEE THEM.**

VISION PROBLEMS

Sudden loss of vision, particularly in one eye or double vision

HEADACHES

Sudden, severe and unusual headaches

WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg

TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



**HEART
AND STROKE
FOUNDATION**

Seek immediate
medical attention
if you have any of
these symptoms.

Olympic controversy

By ALEX COOKE

With the Olympic torch making its way across the country, there are many different views on the Winter Games and what they mean.

A sense of pride overwhelms many Canadians, who are thrilled that Vancouver will host athletes and tourists from around the world.

For others it will be a chance to cheer for our dedicated athletes who dream of taking their place on the centre podium and having that gold medal placed around their necks.

But for many others, it will be a black mark on Canadian history.

The Olympics was supposed to cost just under \$2 billion, however, as with every budget, costs exceeded original expectations.

Vancouver's mayor, Gregor Robertson, recently announced that the city's taxpayers will be responsible for up to \$1 billion of the construction costs.

The city maintains the money will be recouped when the condos are sold after the games. If they sell.

Another issue is the possible criminalization of homelessness in Vancouver, or rather, criminalizing activities connected to homelessness such as panhandling.

This is being considered to promote a cleaner city for all the tourists who will be at the Olympic Games.

Homeless people will also be removed from security zones during the Games and offered space in shelters. Those who refuse to leave will be arrested.

It doesn't quite equal Beijing, which bulldozed entire communities in an attempt to make the city look prettier for tourists, but it's close.

As for benefits, these will be more in morale than in dollars. Vaughn Palmer of the Vancouver Sun reported that the overall boost to economic growth and job creation will be a mere one-tenth of one per cent.

There is also the undeniable native protest with claims that the 2010 Games are being hosted on stolen native land.

Since the B.C. government and native groups have signed few treaties, many natives have taken it upon themselves to protest the Games and any corporate sponsor connected to them.

The Olympics will no doubt bring the spotlight and an amount of prestige to Vancouver and British Columbia, and a short-lived tourism shot in the arm, but what will the long-term effects be?

Hopefully they won't leave taxpayers buried in debt.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

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Will the Olympic Games in Vancouver be worth the billion-dollar price tag?

H1N1 hype overblown

Over the past several months, Canadians have been bombarded with information about the H1N1 virus.

Lineups at vaccination centres and doctors imploring us to wash our hands have become a fixture on television and in newspapers. Every death and new outbreak related to the virus is covered intensely by media outlets across the world.

Is the hype blowing the entire issue out of proportion?

What we do know is that H1N1 is a deadly virus. According to the Public Health Agency of Canada, over 110 people infected with H1N1 have died and more than 1,700 have been hospitalized.

While these numbers seem substantial, they need to be put into perspective. Between 2,000 and 8,000 people in Canada die each year from other flu strains. The flu is no match when compared to heart attacks though, which kill over 17,000 Canadians each year.

Furthermore, many deaths related to H1N1 are due to pre-existing complications,



Chris Batt
Opinion

which the victims may or may not have known about.

The best advice to deal with the flu season is the advice that our mothers all gave us as children. Wash your hands, sneeze into a tissue and cover your mouth when you cough. If you get sick you should stay home, drink lots of fluids and get plenty of sleep.

Don't tell any of this to the drug companies who are making massive profit on the new H1N1 vaccine.

Pharmaceutical company GlaxoSmithKline has received orders for 440 million doses of its version of the vaccine, worth \$3.5 billion.

Most versions of these vaccines contain adjuvants, which are chemical compounds that boost the human body's immune response and allow smaller doses of vaccine

to be administered. These adjuvants are relatively new, and little data is available regarding their safety.

Clinics across the country have quickly run out of the vaccine, and people have had to wait in lines for hours to receive it. Early one morning I witnessed one such clinic, where people were forced to wait outside. Standing in the cold for hours sounds like the type of activity that would make one sick in the first place.

I will concede that those deemed a high-risk for the virus such as pregnant women and health-care workers ought to consider vaccination. However, mass inoculation for all Canadians is an unnecessary step, and one that will cost taxpayers millions of dollars.

So, am I willing to brave the elements and stand in close quarters with strangers to receive this new vaccine, which was created for a virus that has killed a fraction of the number of people the common flu has? The answer is a resounding no.

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Editor: Greg Cowan

Advertising Managers: Chris Batt and Dane Brason

Spoke Online Editors: Alex Cooke and Janelle Scheifele

Production Managers: Sarah MacIntosh, Lisa Bucher, Mitch Muir and Nicole Frank.

Circulation Manager: Nick Dasko

Photo Editors: Heather Muir, Nicole Hannusch, Gillian Webber, Michelle Sommer, Justine Reist,

Stacey Falconer and Freeman Carter

Faculty Supervisor and Adviser:

Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 1C30, Kitchener, Ontario, N2G 4M4.

Phone: 519-748-5220, ext. 3691, 3692, 3693, 3694 Fax: 519-748-3534

E-mail: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

Pan Am Games a bad idea

Toronto lost the bids for the 1996 and 2008 Olympic Games, but their streak of luck ended when they were awarded the 2015 Pan American Games, with 33 of the 52 votes.

The Pan Am Games is a sporting event held a year before the Summer Olympics for athletes from across North, Central and South America.

I look at the games like an overblown wedding.

Everyone has to shell out money, especially the bride and groom, who aren't living within their budget at the best of times. There is a year of anticipation and buildup for an overrated day that everyone will be paying off for a very long time.



Lisa
Bucher
Opinion

The wedding gifts are nice but they never equal the cost of the wedding, making one think it may be best to skip the show and put the money directly where it's needed.

Just like with a wedding the Pan Am Games is going to be a costly venture for all three levels of government. Taxpayers, ultimately, will bear the brunt of it, and the benefits of jobs created and profits from tourism won't be equal to the money put into

the event. I think most of us have lists of better things the government could be spending \$2.4 billion on.

The National Post reported the grassroots coalition, No Games Toronto, argued the Pan Am Games will leave us with crippling debt and divert resources away from more pressing issues like homelessness, high tuition fees and social housing.

The event will take place in 17 different cities across the Golden Horseshoe with venues from Oshawa to Niagara Falls and \$1.4 billion will be spent to create and upgrade athletic infrastructure throughout those cities. Although new and upgraded facilities would be nice, we not only have to build them,

we also have to maintain them for years to come and at what cost? It wasn't that long ago that Toronto was closing community centres because they couldn't afford to maintain them.

The athletes' village will cost another \$1 billion, accommodating 8,500 athletes and team officials. The sports and recreational facilities will include a recreation centre, a 50m pool, a 400m track, parks and walking, running and cycling trails, as well as retail space, restaurants, medical facilities, banks and entertainment areas.

The plan is to later use the village as high quality affordable housing, a good idea in theory, but regular

people don't need athletic facilities of this calibre. Anyone who needs affordable housing doesn't have the disposable income for regular use of restaurants, retail and entertainment, especially with the high living costs associated with Toronto. They could better use a grocery store and affordable child-care facilities. Who will the patrons of this village be?

The games will bring tourism, but also chaos, it already takes three times as long to get into and around the city during rush hour then it did 10 years ago, and parking is impossible and the subway is packed. Then add the extra 250,000 anticipated visitors.

I don't think Toronto is ready.

There's no need for the flu shot

Everywhere I look these days, there are relentless warnings about the latest flu strain, H1N1.

Instructions for proper handwashing are plastered everywhere. Bottles of alcohol-based hand sanitizer are stashed in every corner and doctors urge us to line up for hours at clinics to have our bodies injected with pharmaceutically processed inoculations. It all drives me crazy.

I believe the reason there are new strains of viruses is because of these inane precautions we have had drilled into our daily lives. Our environment is over-sanitized.

Has anyone thought that perhaps these new strains are



Alex
Cooke
Opinion

Mother Nature's way of culling the herd? The world's population has skyrocketed over the last century but the Earth is only capable of supporting so many people.

I'm not saying that life is trivial, but how on earth are we supposed to protect everyone from life-threatening illnesses such as the flu?

The influenza pandemic of 1918 killed nearly 50 million

people worldwide. Granted, the world's medical practices weren't then what they are now, but imagine what our population would be now if that pandemic had been avoided.

I decided to scope out the Internet for alternative ways to boost the immune system, and discovered an amazing website with just such an alternative. At www.kidzworld.com, you'll find that apparently picking your nose and eating it can have the same effect as a flu shot. Gross, I know, and something I'm not willing to experiment with, but how interesting is that?

Perhaps this is how primi-

tive man immunized himself against the common cold or the flu.

"Just a second, Zorg, I gotta pick this booger and swallow it for my health," is what I imagine some cave-man telling his hunting partner.

Our noses catch all kinds of bacteria that we don't want to breathe into our lungs. This bacterium gets mixed with water (in our noses) and becomes salty mucus.

Dr. Friedrich Bischinger, an Austrian lung specialist who writes for kidzworld.com and for sixwise.com, has two reasons why picking your nose and eating it is good for you. 1. It

is far easier to get to those pesky snots with your finger than a hanky, which keeps your nose cleaner, and, 2. Once the snot gets to your intestines it acts as a medicine.

First of all, don't share this information with any children, or you'll have some mad *mamas* to deal with. Secondly, on the *kidzworld* website, just a few inches below assurances that eating your own snot is healthy, it is advised that you don't start such a disgusting habit because it is just plain gross.

Well, DUH!!!

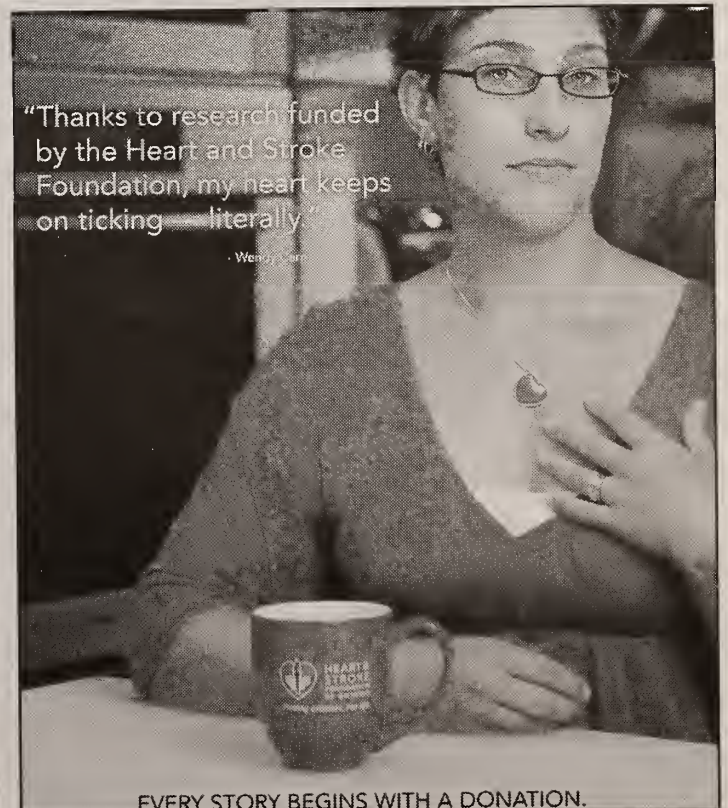
It makes one wonder what else we could eat? No, I won't even go there.

A PICTURE PERFECT SETTING IN THE PARK



PHOTO BY ALEX COOKE

On Nov. 1 Conestoga College student Kara Derosé and four other budding photographers donated their time to take portraits in Victoria Park in Kitchener. The sessions lasted 30 minutes, and there was also a raffle, with all proceeds going to research of infertility causes. The event was held to raise awareness about fertility. Derosé, a part-time student in Conestoga's photography program, is also the new patient's perspective writer for the magazine, *Creating Families*.



EVERY STORY BEGINS WITH A DONATION.

Get job hunting on MyCareer

Students can upload resumes and cover letters

By MICHELLE SOMMER

MyCareer is the new LinkedIn, now introduced to Conestoga students.

Staff in the Co-operative Education and Career Services departments recently announced the launch of the Canadian-developed system, available to Conestoga students, grads and alumni. It can be accessed through the student portal and will feature resources for students as well as opportunities for

finding the perfect career.

MyCareer is replacing PlacePro and will offer new features, including appointment booking, event management and customer relationship management.

Pamela Healey, director of Co-operative Education and Career Services, says the school chose MyCareer because it will enhance the services offered for both students and employers and increase the efficiency of the staff.

On the site students can search jobs, sign up for email alerts about new opportunities and find out about career and employment-related events. Employers will be able to post any prospective job openings directly on MyCareer.

Students can upload their resumes, cover letters, transcripts and any other valuable information to the site and then create packages specifically for the employers.

Healey believes that the site is a great job-searching tool for every student. All Conestoga students and alumni can access the site to find seasonal, part-time, full-time and graduate employment.

"We encourage all students to log in to MyCareer as soon as possible so they can receive email messages and alerts about career- and employment-related events and opportunities," said Healey.

 Canadian
Diabetes
Association

1 in 5 survives
getserious.ca

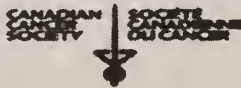
"Before my diagnosis,
I was a professional
athlete.
Life was good and
the future was bright."

Learn more about
Jung-Yul

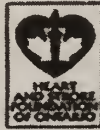


Eating out tonight? Make a smart choice.

For healthy food choices, food safety and 100% smoke-free seating, choose an Eat Smart! restaurant. Contact the Waterloo Region Community Health Department at 883-2253 or visit www.eatsmart.web.net.



#EHLRP003



Ontario's Healthy Restaurant Program

HEALTHY RELATIONSHIPS

It is important to celebrate the healthy attitudes and behaviours between you and your partner which contribute to a happy, fulfilling relationship. Healthy relationships do not always come naturally; for your bond to continue to grow, you must continually work toward developing healthy patterns.

Here are some characteristics of a healthy relationship:

You are able to be an individual apart from the other.

Neither depends on the other to feel important.

Both of you can accept the fact that neither is perfect, nor never try to change each other.

Each of you continues to grow in other areas of your life; family, school, and friends.

Each of you gets as much joy from giving to the other as from receiving.

The relationship remains as strong in painful, difficult times as in happy times.

There is honesty, trust, and respect between you.

If you have any more questions about relationships, counsellors in the Counselling Office would be happy to talk with you. Drop in to make an appointment at Doon Campus, Room 1A101 (Student Life Centre), 748-5220 ext. 3360, Guelph Campus, Admin. Office, 824-9390 ext. 148 or Waterloo Campus, Room 1C04, 885-0300 ext. 224.

Information on community support is available through your Counselling Office.

CONESTOGA
STUDENTS INC

TONY LEE XXX HYPNOTIST

WEDNESDAY NOVEMBER 25
LIVE IN THE CSI SANCTUARY

18+ (PROPER ID REQUIRED)

DOOR OPENS AT 8:00PM

\$10 IN ADVANCE, LIMITED TICKETS

PURCHASE TICKETS IN THE CSI
SELF SERVE AREA, ROOM 2A108



Regurgitator grosses out students

By DANE BRASON

Stevie Starr claims to be the only person who does what he does, and realistically, who else would want to follow in his footsteps.

From swallowing light bulbs to pool balls, and then bringing them back up on command, Starr is the world's only professional regurgitator.

On Nov. 2 he shocked Conestoga students when he

performed his act in the Sanctuary. In addition to swallowing light bulbs and pool balls he downed coins, nails, rings and goldfish. He also popped balloons with nails in his stomach and swallowed sugar and

brought it back up completely dry.

Starr grew up in Glasgow, Scotland in a foster home; he lived there for 19 years. He learned of his unusual talent at a young age when he needed to hide money.

He turned his regurgitating tricks into a business by selling chocolate bars he took from stores. He joked throughout the show about how if you spent a day with him you would never have to pay for anything.



Stevie Starr regurgitates completely dry sugar into the hand of a grossed out student.



PHOTOS BY DANE BRASON

Stevie Starr, a professional regurgitator, shocked and amazed Conestoga students Nov. 2 in the Sanctuary by swallowing coins, light bulbs, Rubik's cubes, pool balls, nails and goldfish. He also popped a balloon in his stomach and drank dish soap in order to blow bubbles.



COMPOST

in the cafeteria

GOOD TO KNOW!

WHAT CAN BE COMPOSTED?

1. **FOOD WASTE** - ie: leftover lunch including your cafeteria cutlery!
2. **PAPER COFFEE CUPS** - no lids, they go in the plastics/glass bin!
3. **SOILED PAPER** - ie: paper you accidentally spilled food on!

WHAT CANNOT BE COMPOSTED?

Styrofoam, metals, wrappers, food containers, cloth, waxed paper, coffee cup lids



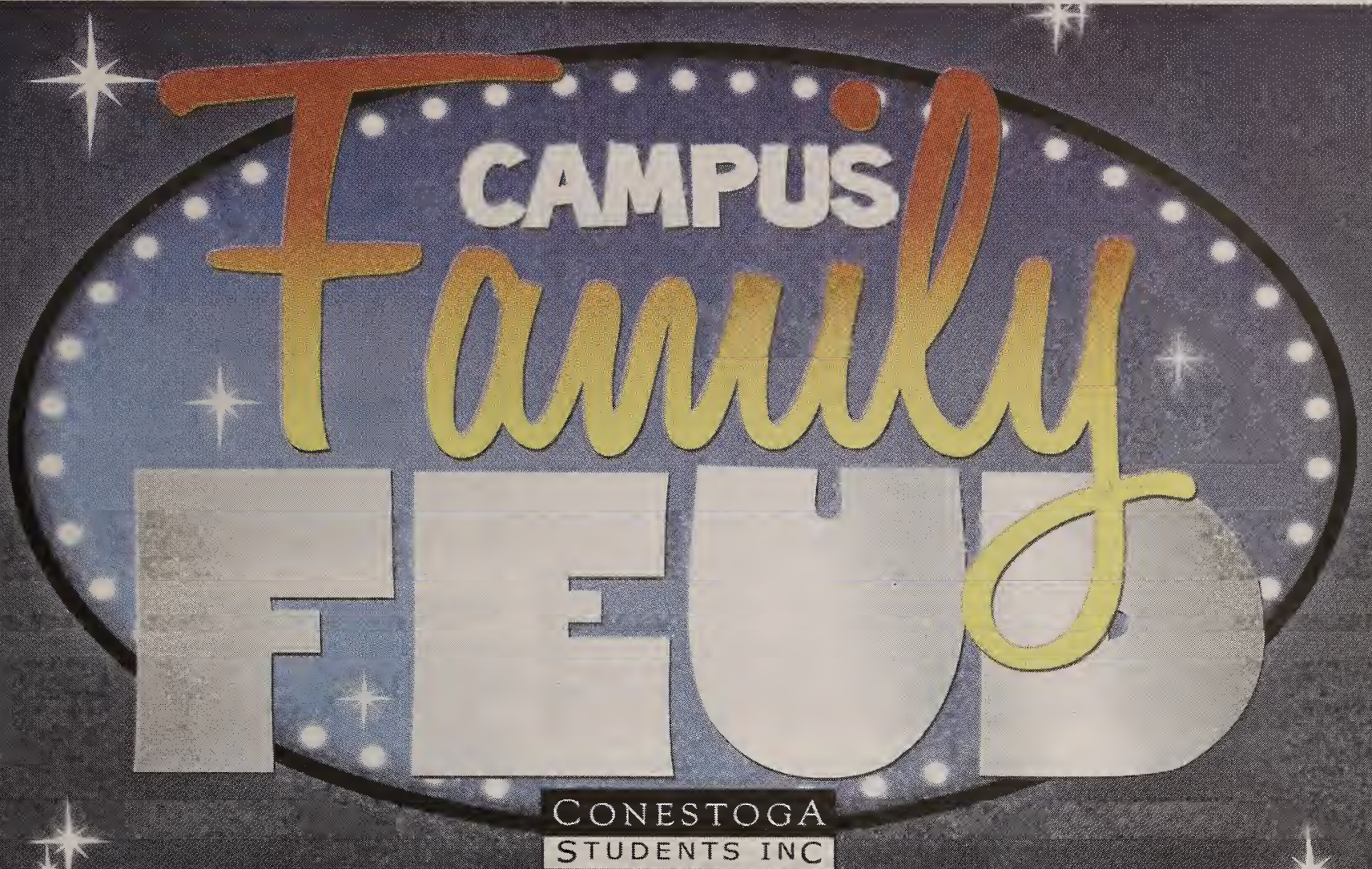
1. OUR COMPOST GETS PICKED UP THROUGH THE ORGANIC PROGRAM.
2. IT IS DELIVERED TO THE OUTDOOR COMPOST FACILITY IN ST.CATHERINE'S.
3. THE MATERIALS GO THROUGH THE SORTING PROCESS AGAIN, AND THEN GET SENT TO THE COVERED DECOMPOSITION STATION WHERE THEY BEGIN TO BREAK DOWN AND TURN INTO NUTRIENT RICH SOIL.
4. THE COMPOST, AFTER IT CHANGES FORM TO SOIL, IS PURCHASED BY VARIOUS CANADIAN COMPANIES, SPECIFICALLY ONE CALLED EARTHCO, WHERE IS IT PACKGED AND SENT OUT TO STORES FOR CUSTOMERS TO BUY.

TRASH TRIVIA

An aluminum can is recycled and back on the shelves in how many days?

Email your answer:
mshewman@conestogac.on.ca
 The first correct emailer will win a prize and be contacted back via email.

30% of your waste can be composted!



**NAME A REASON TO SIGN UP FOR
CSI'S CAMPUS FAMILY FEUD**

1	5
FUN 25	6
3	COMPETE 3
PRIZES 15	

SIGN UP YOUR TEAM OF 5 IN THE CSI OFFICE,
ROOM 2A106

**TUESDAY NOVEMBER 24TH
IN THE SANCTUARY AT 12:00PM**



PHOTO BY FREEMAN CARTER

James McMillian, left, and Nathan Kelman square off against each other in Super Smash Bros. Brawl during the Generation N event last week. Kelman is the president of Campus Gamers, a new Conestoga club for video gamers.

Students invited to join new gaming club

By FREEMAN CARTER

Gamers have never really been the most social bunch. Campus Gamers is doing its best to change that quiet and socially awkward stereotype.

Campus Gamers, a new club at Conestoga, was started by Nathan Kelman and alumnus Fareed Quraishi. Some of their objectives are to help members make new friends, host gaming tournaments and free-play events that please the gaming community, and bring awareness to gaming students about gaming issues, charities and not-for-profit organizations.

Last week marked Campus Gamers' premiere event, Generation N.

With help from Conestoga Students Inc. social programmer Mario Anglin, the club had five generations of Nintendo systems set up for free-play. Whether you were hunting ducks on the original

Nintendo, shooting James Bond characters on the Nintendo 64 or brawling with iconic Nintendo characters on the Nintendo Wii, Conestoga students showed up in force to show off their skills.

"It (video games) brings people together," Anglin said explaining why CSI was so eager to help out. "You don't have to speak the same language to play video games. Just pick up a controller and play."

A donation cup was set up at each system, where students could donate whatever they felt like. All donations were for Child's Play, a charity that donates video games and systems to sick kids hospitals worldwide, including Toronto Hospital for Sick Children.

Anyone who played was offered the opportunity to fill out a ballot and enter to win either a \$50 Visa gift card or a Nintendo DS and game.

Both these gifts were donated by CSI.

Campus Gamers is hoping that this first event got people talking about their club, and increased awareness.

"For our events, we want to focus on three things," Quraishi said. "Co-operative gaming, competitive gaming for those who want it and gaming charities."

Campus Gamers is already planning more events, including a newer console day, showcasing the current generation of consoles, as well as a bring-your-own-computer LAN party.

Both of these will hopefully be held before the end of first semester.

For more information about Campus Gamers and their future events, check out their Facebook page by searching for Campus Gamers.

You can also visit their website, www.campusgamers.com.

SHOPPERS SAVE AT SIDEWALK SALE



PHOTO BY NICOLE FRANK

The bookstore at Conestoga hosted its annual sidewalk sale on Nov. 4. Sweaters and shirts were all marked down and people had fun looking through them for the right size. School supplies were also on sale which was good for those students who have already lost all of their pens.

OVERGROWN KIDS PLAY WITH TINY TRAINS



PHOTO BY JUSTINE REIST

With winter just around the corner people are moving to indoor activities. Model trains are enjoyed by young and old. There are many hobby groups including the Guelph Model Railroad Society where hobbyists can meet and share ideas.



Last year, a new
pacemaker implant
saved Max's life.

Now he can spend more time with his grandfather.




Please give to the Heart and Stroke Foundation

"When diabetes enters your life,
you need someone to turn to. Call
the Canadian Diabetes Association."

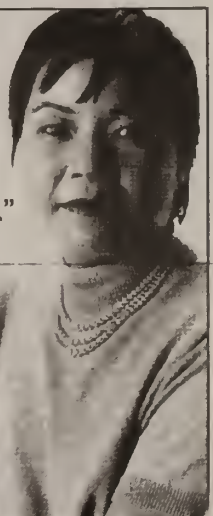
Carol Seto, dietitian

HELP SOMEONE YOU KNOW.
CALL 1-800-BANTING

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ASSOCIATION
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www.diabetes.ca



A CHANGE IN THE SKYLINE



PHOTO BY NICK DASKO

This Cambridge water tower on Shantz Hill, along with one on Edward Street were deemed unnecessary by the Region of Waterloo and are being demolished. There was little push to save the towers.

COUNSELLOR’S CORNER: College Alcohol Inventory

The following College Alcohol Inventory was developed at the University of Wisconsin-Eau Claire. It might be interesting for you to complete the inventory and then compare your score with the average scores.

- | | | |
|-------------------------------|--------------------------------|---|
| True <input type="checkbox"/> | False <input type="checkbox"/> | I have drunk 5 or more drinks in a row at least once in the last two weeks. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | I have drunk to intoxication at least once in the last two weeks. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | I have drunk alone in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | I have drunk alcohol daily (at least 5 days of each week) for the last month. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | I have said or done something under the influence of alcohol I regret during the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | I have drunk during the last 3 months so that I could do something that I felt I could not do as easily without alcohol (i.e. talk, relax, be more outgoing). |
| True <input type="checkbox"/> | False <input type="checkbox"/> | I’ve experienced a blackout (memory loss) while drinking in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | I have driven under the influence of alcohol in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | I have missed school or work due to the effects of alcohol at least once in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | I have experienced withdrawal (shakes, sweats, flushed faced) after stopping drinking in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | My drinking has harmed my personal relationships in the last 3 months. |
| True <input type="checkbox"/> | False <input type="checkbox"/> | During the last 3 months, I have often drunk in larger amounts or over a longer period of time than intended. |

Score

Add your scores on questions 1-12 (one point for each True answer). This is your severity score. The range is 0-12. 50% of UWEC students average score is 2.4. 84% of UWEC students score 5 or below.

If an answer to any question or your total score concerns you, please consider talking to a counsellor at Counselling Services, 1A101.

“If alcohol is causing you or those around you problems you have a problem with alcohol.”

Sweet-smelling summer gig

By NICOLE FRANK

This summer, don’t settle for flipping burgers.

Axe Canada is looking for one male and one female, both who have to be at least 19 years old, for its Ridiculously, Ridiculously Good Summer Gig.

In these tough economic times it might be hard to find work once classes are over so this is a great opportunity for students.

The chosen two will be set up in a great apartment in Toronto for the summer and also receive a salary of \$10,000.

“

It is the best summer job that anyone could ask for.
— Greg Major

”

Greg Major is the brand manager for Axe Canada and he said the position would also provide wonderful marketing experience.

“It is the best summer job that anyone could ask for,” he said.

Some of the duties the winners will be expected to do include keeping a personal blog, working individually and as a team to conduct research on the Canadian dating scene and organize consumer insight events. Applicants should be active, social and fun.

In order to be eligible you must complete the online survey and include two reference letters written by somebody of the opposite sex over the age of 13, and a picture or a video of yourself. You can also print off the survey and mail your application to AXE Recruitment Office, c/o Harbinger 252 Adelaide St. E., Toronto, ON, M5A 1N1 with the picture or video. Be sure your reference letter is at least 100 words and the video is three minutes in .mpeg format, and the picture is a .jpeg.

The deadline to apply is Nov. 22. To apply online and for more information visit www.axesummernig.ca.

Baring love on your arms

By JUSTINE REIST

Addiction, self-injury, eating disorders, depression, anxiety and suicide. These issues are rarely ever talked about. To Write Love On Her Arms wants to bring more focus on these problems and get people talking about them.

The movement, started as a small gathering of friends. Someone they cared about needed help with an addiction, but was turned away from rehab for being too much of a risk. So, her friends became her rehab, spending time with her, trying to keep her mind off the drugs that she so desperately wanted in her body.

Today, To Write Love on Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury and suicide. It exists to encourage, inform, inspire and also to invest directly into treatment and recovery.

Their vision is, as stated on their website, "You were created to love and be loved. You were meant to live life in relationships with other people, to know and be known."

You need to know that your story is important and that you're part of a bigger story. You need to know that your life matters."

"This movement is amazing," said Alicia McDonald, a promoter of the movement. "It really is just a promotion of love and dedication to friends."

"You were created to love and be loved ... You need to know that your life matters."

— www.TWLOHA.com

At first it was simply writing "love" somewhere on your arm in support of people you know who are struggling with something in their life, to show that you are thinking of them in their time of need.

Now, the movement has a website with dedicated days that they encourage people around the world to write "love" on their arms in support of people they know or even don't know who need to feel that they are loved.

They also speak at schools and have a clothing line from which purchases can be made online.

Renee, the first young girl the movement helped detox, has released her story in the form of a book which is available for purchase through the site.

"I feel that this is something more than just wearing a ribbon on your clothes," said McDonald. "This is deeper and more meaningful. This is just pure love."

Recently, To Write Love On Her Arms founder Jamie Tworowski was nominated for the MTV Good Woodie. The award recognizes a person or artist whose commitment to social change has affected the greatest change this year. People are encouraged to visit the MTV website and vote for Tworowski.

You can find more information through their Facebook group or at their website, www.TWLOHA.com

Everyone needs to be loved. No matter what situation they are going through they need to know that someone is there behind them, ready to help them up when they fall. Even if it's just simply writing "love" on your arm.

RAISING AWARENESS ABOUT RESPIRATORY DISEASES

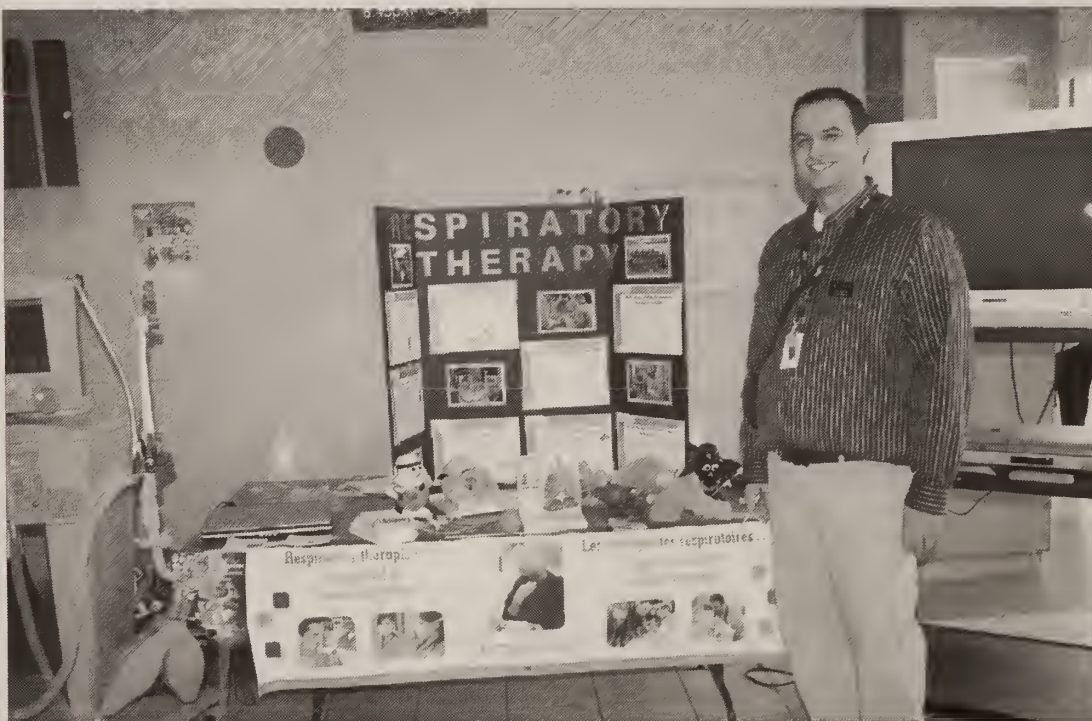


PHOTO BY JANELLE SCHEIFELE

Gino DePinto, a full-time staff member in Conestoga's respiratory therapy program, manned a booth as part of a fair held in E-wing during Respiratory Week. Students prepared display boards and set up booths with information about the program and associated diseases. There was also a bake sale raising money for amyotrophic lateral sclerosis, also known as Lou Gehrig's Disease.

STUDENTS EAGER TO GET MONEY BACK

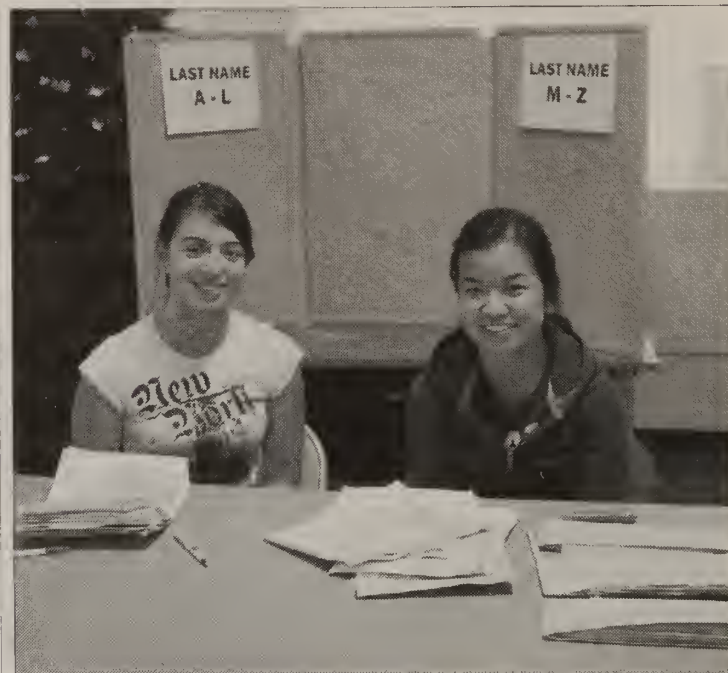


PHOTO BY CHRIS BATT

Sarah Cimbron, left, and Sodany Taing were popular on Nov. 5, as they handed out opt-out cheques from Conestoga Students Inc.'s health plan near Door 4.

LRC staff offer computer help for those who need it

By HEATHER MUIR

Come one, come all to the Library Resource Centre for help figuring out your computer woes.

Sometimes the computer programs that you need to use can be tricky and hard to navigate.

"We have hired students to work in the LRC who provide computing support services to other students," said Linda Schneider, manager of the LRC.

The students on staff can answer questions about MS Office software, troubleshoot equipment problems, develop help sheets for staff and for students and even fill the printer trays.

"This term we have two students who work in this capacity."

They normally work during peak hours of the library, between 10 a.m. and 2 p.m., although we rarely have all hours covered because of class schedules," said Schneider.

The Learning Commons has 18 new computer workstations that were installed during the summer, and have the same computer assistance as the LRC.

"This program is good for the mature students that aren't that good with computers," said Anne Moore, manager of Student Services.

So if you're not very computer savvy, you can get help making those PowerPoint presentations, designing graphs or learning how to properly use different programs.

If you knew one hour of your time could save someone's life...

Would you help?

In just one hour you could save as many as four lives.

As a blood donor, you're eligible to give blood every 56 days - yet someone in Canada needs blood every minute of every day.

Please help by giving blood.

For clinic information, call: 1-888-871-7201

Lacey receives Gamimune, a blood by-product, on a monthly basis. Without it, her life wouldn't be the same.

CANADIAN BLOOD SERVICES
Blood. It's in you to give.

Make this year a [greener] Christmas

By MICHELLE SOMMER

This year the perfect Christmas isn't white, it's organic.

The snow can stay, but one tradition must change. With eco-friendly products on everyone's mind, the next obvious step is making the tradition of gift-giving a green one.

Every day new products are produced to help save the environment. Everything from clothes to cleaning essentials have become a hit, making a change for the better in many homes.

This year you can give back to Mother Earth.

Normally, creating an organic gift using the only natural products you can find is a challenge, but increasing awareness of the environment has changed that difficult process into an ordinary shopping trip.

Grassroots, a store that sells only pure, biological products, is located in two different areas of downtown Toronto. They feature gifts suitable for every friend or

family member, yes, even the hard-to-buy-for ones.

Their newest product, perhaps most appealing to teens, is a stainless steel water bottle, fashioned with the latest designs and colours. Running at \$19.99 it's the easiest gift you'll ever get them.

Others gifts for the family include those for the office, home decor, beauty and bath, games and toys and countless others.

If you still can't find the perfect item, gift certificates never fail.

Globalstewards.com provides additional tips on giving the perfect earth-friendly present. They suggest buying the gift that never stops growing, a plant or tree. Or start purchasing items at flea markets or antique stores.

For the fashionista in the group, give them what they love the most; clothes, organically grown ones.

Starting an eco-friendly habit this Christmas may seem like a small step to making it a greener Earth, but it can literally make a world of difference.



PHOTOS BY MICHELLE SOMMER

This Christmas, focus on buying eco-friendly gifts for everyone in the family including the gardener, the fashionista and even the businessman.

FARMER'S MARKET OFFERS CREATIVE GIFTS AND HOMEMADE BAKED GOODS



PHOTOS BY LISA BUCHER

Marlene Martin, above, makes doughnuts at the Guelph Farmer's Market. Staff start making the sweet treats at 6:30 a.m. so they are ready for the big rush at 11:30 a.m. The machine makes five doughnuts a minute. At right, Leah Williams, 20, a University of Guelph arts student, sells painted T-shirts at the market. They make unique Christmas gifts for the unique people in your life. The market is open year-round on Saturdays, 7 a.m. to noon.



HOROSCOPE

Week of Nov. 16, 2009



Aries

March 21 -
April 19

A barbershop quartet will follow you around endlessly all week. For some reason they think you have connections in the music industry.



Libra

September 23 -
October 22

You will have nightmares all week from watching children's shows. Perhaps you should change what you watch on television.



Taurus

April 20 - May 20

You will wake up on Thursday morning with a cotton ball jammed up your nose. You should be more careful about sleeping with an open door.



Scorpio

October 23 -
November 21

You will spend a frustrating amount of your week stuck in traffic. You need to change your travel routes. Also come up with a new way to entertain yourself.



Gemini

May 21 - June 21

A teenager with green eyebrows will attempt to steal your wallet. A child with purple hair hanging around you is not a cause for alarm.



Sagittarius

November 22 -
December 21

A herd of unicorns will trample you at some point this week. If you manage to capture one you could become quite wealthy.



Cancer

June 22 - July 22

At some point this week you will be hit in the face with a wiffle-ball bat. This sounds much more painful than it actually is.



Capricorn

December 22 -
January 19

An industrial drum of Swiss Chalet sauce will be delivered to your home at some point this week. Most annoyingly, you will be billed for it.



Leo

July 23 - August
22

You will spend hours deliberating on what exactly to do with your poppy from Remembrance Day. Almost everyone has this problem every year.



Aquarius

January 20 -
February 18

A man wearing a denim shirt and flannel pants will try and trade you some beans for your cow. Do not do it, especially if you are of British heritage.



Virgo

August 23 -
September 22

You may be struck by lightning at some point. Make sure that the shoes you wear have rubber soles. Work safe shoes are ideal.



Pisces

February 19 -
March 20

Someone will replace your regular water with water that has been caffeinated. Do not make coffee or tea with this water.



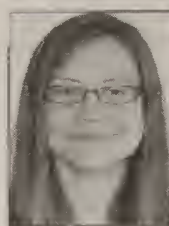
Nick Dasko is a second-year journalism student who makes these up for your amusement.

Websites good for a laugh

It has been said that there is nothing more rewarding than pointing out the shortcomings of others and the Internet is an excellent venue for such mockery.

A series of websites popped up over the summer that allows net surfers the opportunity to submit photographic evidence of some of the most mind-boggling displays of poor judgment. Add a sarcastic and witty commentary for each submission courtesy of the sites' creators and the results are often hilarious although a little mean-spirited.

Take for example the site in this collection that has so far garnered the most attention: www.peopleofwalmart.com. Here, one can view an enormous collection of photographs featuring the strangest people who have ever been spotted shopping at a North American Wal-Mart. Subjects range from a man with an iguana on a leash to a woman pushing a shopping cart wearing a Snuggie and Crocs. Anyone who gets a kick out of a bleach-blond mullet or an unfortunate decision to wear short shorts will find themselves howling with



Gillian
Webber
Opinion

laughter at page after page on this site.

Ever seen a tattoo on someone and immediately assumed that it must be the result of either an alcohol binge or a bet gone too far? The images found at www.ugliesttattoos.com are some of the best examples of the worst tattoos of all time and this site inspires chuckles as well as jaw-dropping awe at the images of permanent poor taste. It's hard to believe that someone loved the TV series *Who's The Boss?* enough to get an enormous portrait tattoo of Tony Danza, but here you can find the photographic evidence that such a person exists. Was it some kind of athletic club initiation that required three of its members to tattoo the word "sports" on themselves to prove their commitment to their non-specific pastime-of-choice? The submissions on this site may make

you think twice about getting that cartoon character, favourite celebrity or other fleeting interest forever inked on your skin.

The site www.itemnotasdescribed.com takes its content from the world of online shopping. Readers scan EBay, Craigslist and Kijiji and send in the most bizarre advertisement for free or "best offer" junk. Ever wonder if it might be possible to find an old electric chair to complete your living room décor? You can find the shocking answer on Item Not As Described. It's hard to imagine that anyone would take these sellers up on their offer of a collection of Taco Bell salsa packets or any number of furniture items with highly disconcerting stains on them, but these ads are the Internet equivalent of the world's most entertaining garage sale.

Potential viewers should be warned that many of the posts on these sites contain some partial nudity, coarse language and crude humour. However, if you're looking for a good laugh or are procrastinating on an assignment then this collection of sites is a wonderful time waster.

NOT 'LEAFING' IT TO THE LAST MINUTE



PHOTO BY ALEX COOKE

With the recent beautiful weather, residents were able to take advantage and clean their yards. Temperatures rose to the mid-teens last week, resulting in many sightings of T-shirts and sandals.

PITCH-IN!



It's ECO-logical!



Cross-country Condor defends title

By MITCH MUIR

It's fun to run.

At least that's the mindset of this year's cross-country running team, headed by veteran coach Ken Yandeau. He's leading a good mix of runners, including Jason Smith, 25, who won gold at the OCAA men's cross-country running championship in Windsor on Oct. 31.

Smith is a second-year student in Conestoga's engineering architecture program, and is in his second year on the team. He beat John Mason and Biemnet Yemane of the Fanshawe Falcons. With the win, he advanced to the CCAA national championships, held Nov. 14 in Camrose, Alta.

"I've been running since I was 15," said Smith. He attended high school at Bluevale Collegiate in Kitchener.

The race in Windsor was more than just an 8-km run for Smith.

"I've been training for that event since May pretty seriously. I ran the Ontario's last year and came seventh and I felt with my potential and what I did in high school I could win," said Smith. "I basically ramped up since then and training went well, and going into (the OCAA championships in Windsor) I'd won the event previous to that, so I was feeling pretty good."

Smith said the race went pretty quick as he started off covering the first kilometre in three minutes.

"I just tried to get out in good position and stay in contention."

A fellow teammate of Smith's also fared well in her 5-km event and is heading to Camrose with him.

"It's been really awesome," said Heidi Bechtold, 18. "I've been running for four years, but I've never run this well."

Bechtold finished 10th in the women's event and was the top Conestoga runner, qualifying for the championships in Camrose.

"The coaches are just great. Now I'm going to Alberta, so it's really exciting," said Bechtold.

There were approximately 100 girls in the event, and seven from Conestoga. Bechtold is a first-year marketing student. She's been running since she was in high school.

"I was on the cross-country and track and field teams for four consecutive years in my high school career," said Bechtold. She spent all four of her years at Waterloo Collegiate Institute.

"I trained there, and I just started out with liking running and I got better and better. Last summer I joined the Tri-City track club, and I trained there with them. I've been training with them for a year and I think that's why I did so well this year."

One runner they can all look up to is David Sharratt, 27, who is in his final year of the mechanical technician for general machinist program at the college.



PHOTO BY MITCH MUIR

Head coach Ken Yandeau has been coaching the cross-country team since its inception, and Heidi Bechtold is currently in her first year on the team.

"When I first started we weren't very well-known. It was only the second year the team was around," said Sharratt. "Then I came along, and I think it helped because I won the provincials the first year, and I was eighth at nationals. It really stepped up our program because I was the first individual champion since back in the early '80s."

The next year was even bet-

ter for the Condors.

"We won provincials as a team, and I won individual again," said Sharratt. "That got us a banner as a winning team and we got to put it up in the (rec centre)."

Sharratt finished eighth at this year's OCAA men's cross-country running championships after winning the event last year. He went to Alberta with Smith, but not to

compete. Instead, he kept Smith company.

The Condors have now won the OCAA individual title three years in a row.

The event is one that Smith won't soon forget. "I got about a 20-second gap on everyone and actually passed the biker that shows the runner where to go, so that was pretty cool. I don't think that happens too often."



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BAKED GOODS AND GAMES IN THE ATRIUM



PHOTO BY MICHELLE SOMMER

Conestoga students enjoyed baked goods and played games in the Atrium, helping to raise money for the United Way on Nov. 5. As of Nov. 10, Conestoga had raised \$50,786, surpassing the goal of \$50,000.

1ST PLACE WINS **\$500**  **\$200** 2ND PLACE WINS

DANCE-A-THON

TO SUPPORT



THURSDAY NOVEMBER 26TH
IN THE SANCTUARY AT 6:30PM

DANCER REGISTRATION AT 6:00PM

PICK UP YOUR PLEDGE FORMS AT THE CSI BOD OFFICE, ROOM 2A104
 COUPLES AND SINGLES WELCOME, LOTS OF PRIZES

CONESTOGA STUDENTS INC. CONESTOGA STUDENTS INC.

FREE LIVE COMEDY SHOW

CONESTOGA STUDENTS INC.

SUGAR SAMMY

"COMEDY'S NEW ROCK STAR"
ASKMEN.COM

★★★★★
EYE TORONTO

"A STAR ON HIS WAY TO
 BECOMING ONE OF THE COMEDY
 LEGENDS OF OUR TIME"
TODAY

"SUGAR SAMMY'S DESTINED
 FOR GREATNESS"
MONTREAL GAZETTE

THURSDAY NOVEMBER 19
SANCTUARY AT NOON

